

FAMILY GRACE GROUP

Family Grace is an 8-week small group experience to guide you through simple biblical and neuroscience insights and practical tools to reduce your stress and empower your loved one with hope.



FAMILY GRACE GROUP will help you discover:

- Unique insights for all your tough questions.
- Tools to improve your relationship with your loved one.
- Simple solutions to renew personal hope.

TOPICS INCLUDE...

- Communication
- Medication
- Grieving & Grace
- Cycles & Triggers
- Community
- Problem Solving
- Boundaries to Rebuild
- and more!

THE GROUP MEETING

When: Wednesdays 7pm, 8 Weeks
Session 1 June 23-August 11
Session 2 TBD

Where: Safely on Zoom: details upon registration

For more information and RSVP:

Leah Harris, Pastoral Care Director, 408-997-5110/leah.harris@dsj.org

Curriculum Provided By:



GRACE ALLIANCE

HEALTHY SOLUTIONS FOR YOUR MIND
— mentalhealthgracealliance.org —

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